

What is claimed as being new and desired to be protected by Letters Patent of the United States is as follows:

1. The product of the present invention, comprising:  
  
    almond meal;  
  
    flax seed meal; and  
  
    soy flour, wherein said almond meal, said flax seed meal and said soy flour are mixed together to form said product.
2. The product of claim 1, further comprising a spice.
3. The product of claim 1, further comprising spices.
4. The product of claim 3, wherein said almond meal is about 47% of the total ingredients.
5. The product of claim 3, wherein said flax seed meal is about 23% of the total ingredients.

6. The product of claim 3, wherein said soy flour is about 23% of the total ingredients.
7. The product of claim 3, wherein said spices are about 7% of the total ingredients.
8. The product of claim 3, wherein said spices are pepper, dehydrated garlic, salt, paprika, dehydrated onions and red pepper.
9. The product of the present invention, comprising:
  - almond meal wherein said almond meal is about 47% of the total ingredients;
  - flax seed meal wherein said flax seed meal is about 23% of the total ingredients;
  - soy flour, wherein said soy flour is about 23% of the total ingredients; and
  - spices wherein said spices are about 7% of the total ingredients, whereby said almond meal, said flax seed meal, said soy flour and said spices are mixed together to form said product.
10. The product of claim 9, wherein said spices are pepper, dehydrated garlic, salt, paprika, dehydrated onions and red pepper.

11. A product of the present invention, made by the process comprising the steps of:

- (a) weighing soy flour;
- (b) weighing flax seed meal;
- (c) weighing almond meal;
- (d) weighing the spice or spices;
- (e) pouring said soy flour into a bowl;
- (f) adding said flax seed meal into the bowl;
- (g) adding said almond meal into the bowl;
- (h) mixing said soy flour, said flax seed meal and said almond meal;
- (i) adding said spice or spices into the bowl; and
- (j) mixing said soy flour, said flax seed meal, said almond meal and said spice or spices evenly together.

12. The process of claim 11, wherein said almond meal is about 47% of the total ingredients.

13. The process of claim 11, wherein said flax seed meal is about 23% of the total ingredients.

14. The process of claim 11, wherein said soy flour is about 23% of the total ingredients.

15. The process of claim 11, wherein said spice or spices are about 7% of the total ingredients.

16. The process of claim 11 wherein said spices are pepper, dehydrated garlic, salt, paprika, dehydrated onions and red pepper.